



WIC Overseas

Women, Infants & Children Program

TEO FS-5

"Your Passport to Quality Health"

Fact Sheet

WIC Overseas is a community-based DoD program that improves the quality of life of our troops and their families. It is not a TRICARE benefit or a welfare program.

The WIC Overseas program assists families with nutritional needs in an effort to foster healthy lifestyles and to prevent more serious medical problems. WIC provides supplemental foods, nutritional education & counseling and health care referrals.

Who is eligible for WIC Overseas?

In order to participate in the WIC Overseas program, you and your family must meet the five eligibility criteria listed below. Fortunately, you don't have to figure this all out on your own. Your local WIC Overseas office will determine your eligibility.

○ **Categorical Eligibility** – Eligible women must either be pregnant, breast-feeding (up to 1 year after delivery), or post-partum (up to 6 months after delivery). Infants are eligible up to their 1st birthday. Children are eligible up to their 5th birthday.

○ **Income Eligibility** - Total household income must be at or below 185% of the U.S. Poverty Guidelines for Alaska. For example, total household income for a family of 4, must be \$41,866 or less to meet income eligibility (effective from July 02 to 30 June 03). Here are the current WIC Income Eligibility Guidelines:

	Annually	Monthly
Family of 2	\$27,621	\$2,302
Family of 3	\$34,743	\$2,896
Family of 4	\$41,866	\$3,489
Family of 5	\$48,988	\$4,083

* Add \$7,123 annually for each additional family member. A pregnant mother counts as 2 family members.

Total family earned income before taxes for all household members must be reported when checking eligibility in this category. Some excludable income items are: BAH/VHA, COLA, moving allowances, travel allowances, contributions to the GI bill, hostile fire pay, and disability pay.

○ **Participant Type Eligibility** – You are eligible in this category if you fall in one of the following groups:

- You are a member of the armed forces stationed overseas or a dependent residing with this person.

- You are a U.S. civilian employee of a "military department" stationed overseas or a dependent residing with this person.
- You are a U.S. civilian employee of a DoD contractor stationed overseas or a dependent residing with this person.

Unfortunately, civilian employees of Defense Agencies and DoD Field Activities, members of the Public Health Service and members of the National Oceanic and Atmospheric Administration are not eligible for the WIC Overseas Program.

○ **Residential Eligibility** – You must reside in a geographic area where WIC Overseas services are offered. Proof of residency must be provided. WIC Overseas centers will soon be established in all major overseas U.S. military communities.

○ **Nutritional/Medical Risk Eligibility** – Adult or children participants must have an identified medical or nutritional "risk" e.g. anemia, low birth weight, poor eating habits, history of pregnancy complications as determined by the Competent Professional Authority (CPA).

Health Assessment Information

This assessment will be performed by your servicing WIC-Overseas office unless the information is provided in writing by a health care provider at an MTF or by an approved host nation provider. Some participants may be seen more frequently if required for nutritional reasons.

The WIC Overseas nutritional/medical risk assessment is based on an evaluation of anthropometric data (length or height and weight), biochemical data (hematocrit or hemoglobin values), dietary data (24 hour dietary recall) and a medical health history. Participants must visit their local WIC Overseas office every three months for nutritional counseling/education and to receive vouchers. A complete recertification is required every six months.



What food benefits do WIC participants receive?

As a WIC Overseas participant, you will receive vouchers (coupon-like checks) that you use to purchase select food that is high in protein, calcium, iron and vitamins A and C. These nutrients are frequently lacking in the diets of many participants. Some examples of the food you may purchase with your vouchers include iron-fortified formula, infant and adult cereal; vitamin C-rich fruit or vegetable juice; and eggs, milk, or cheese. Different food "packages" are tailored to your specific nutritional needs.

What other benefits do WIC members receive?

- Individualized nutrition counseling and education.
- The opportunity to participate in group nutritional education sessions.
- Education and support from breast-feeding specialists.
- Referrals to other health care and social services.

Food Voucher Redemption

As a certified participant, you will receive a WIC Overseas ID folder that contains food vouchers. You will usually receive a 3 month supply of vouchers personalized to your needs. These vouchers may only be used during the month for which they are issued. Vouchers may be redeemed at any participating commissary or NEXMART for the specific foods listed on the voucher. If the total purchase price is less than the amount specified on the voucher, no cash/change will be given.

Main Exchanges, Shoppettes, Mini-Marts, Gas Station convenience stores etc., do not accept WIC vouchers. The vouchers will be processed in the same way as a bank draft.

Portability of Benefits

The DoD WIC-Overseas program is funded to ensure that everyone who meets WIC eligibility criteria are provided WIC services (unlike the U.S. Department of Agriculture run state-

side program). When an active (currently certified) stateside WIC participant relocates to an overseas area where WIC is offered, the participant will be enrolled to the WIC Overseas program for the remainder of their certification period. Transfers within OCONUS will be handled in the same fashion. When transferring back to the states from an overseas location, a participant will have to enroll into the state program nearest their home and may be put on a waiting list. When that WIC office can take in additional participants, they will enroll the currently certified participants on the waiting list first.

Rights and Responsibilities

You can expect the following services and treatment from the WIC Overseas staff:

- Information about how the food you eat helps or hinders overall health
- Information about where to get other health & community services (referrals)
- Vouchers for WIC-Overseas foods;

information on how to use the WIC-Overseas program

- Confidentiality in all aspects of service
- Notification in writing when WIC-Overseas eligibility will expire
- Fair & equal treatment

The WIC-Overseas staff needs you to do the following:

- Provide truthful information
- Notify WIC when income or household status changes
- Keep or reschedule your appointments
- Adhere to rules when buying WIC foods
- Notify WIC of lost or stolen vouchers
- Ensure that only you or your enrolled child use WIC-Overseas foods purchased with your vouchers

Where can I get more information about WIC?

- For more on WIC Overseas, visit www.europe.tricare.osd.mil and select the "Beneficiary" button. You may also visit www.tricare.osd.mil/wic

For details on the WIC stateside program, visit www.fns.usda.gov/wic

- You can also visit Choctaw Services website at www.cmse.net. Choctaw Management Services Enterprise (CMSE) is responsible for staffing and management of the WIC Overseas program.

- Or call DSN 496-6328, civilian (49)-(0)6302-67-6328 to locate the WIC Overseas Office nearest you.

FACT: WIC is the most successful federally funded nutritional program in the U.S.

FACT: One out of four new mothers participate in WIC.

FACT: WIC serves 45% of all infants born in the U.S.

FACT: WIC is a cost-effective investment in health and nutrition.

What can WIC do for you?

- increased use of prenatal care
- longer gestation
- reductions in infant mortality
- higher birth weights
- improved cognitive development
- reduced iron deficiency anemia in children
- improved school readiness